



No Permission Needed: Ending the Cycle of Verbal Abuse

C.H.H.C., LisaRenee Ciancio-Fogarty

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LisaRenee Ciancio-Fogarty was grieving the passing of her father, who was 53 when he died suddenly, when she met a man who swept her off her feet. He was stable and fun, he was the one! After a fairytale wedding she learned her husband was not what she thought he was, he was verbally abusive. She was met with critical remarks, chaos and feeling unloved. LisaRenee will explain how women can rebuild their lives with or without their spouse and reclaim their life. She will show the readers how to begin to learn how to cherish themselves again, for the beautiful women they are.

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